

Portland Sandwich



Chicken & Provolone

Nutrition Facts

1 serving per container
Serving size 1 Sandwich (234g)

Amount Per Serving
Calories 420

% Daily Value*

Total Fat 15g 19%

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 1120mg 49%

Total Carbohydrate 49g 18%

Dietary Fiber 11g **39%**

Total Sugars 13g

Includes 10g Added Sugars **20%**

Protein 26g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 2.4mg 15%

Potassium 230mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC BREAD (ORGANIC WHOLE WHEAT (WHOLE WHEAT FLOUR, CRACKED WHOLE WHEAT), WATER, CANE SUGAR, 21 WHOLE GRAINS AND SEEDS MIX (WHOLE FLAX SEEDS, SUNFLOWER SEEDS, GROUND WHOLE FLAX SEED, BROWN SESAME SEEDS, TRITICALE, PUMPKIN SEEDS, ROLLED BARLEY, ROLLED OATS, ROLLED RYE, BLACK SESAME SEEDS, BLUE CORNMEAL, MILLET, ROLLED SPELT, BROWN RICE FLOUR, AMARANTH FLOUR, YELLOW CORNMEAL, KAMUT KHORASAN WHEAT, QUINOA, BUCKWHEAT FLOUR, SORGHUM FLOUR, POPPY SEEDS), WHEAT GLUTEN, OAT FIBER, 2% OR LESS OF: MOLASSES, SEA SALT, YEAST, VINEGAR, CULTURED WHEAT FLOUR, ENZYMES, ACEROLA CHERRY POWDER), CHICKEN (CHICKEN BREAST, WATER, 2% OR LESS OF: SALT, SUGAR, DEXTROSE, SODIUM PHOSPHATE, NATURAL FLAVORING), ROMA TOMATO, LEAF LETTUCE, PROVOLONE CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), MAYONNAISE PKT (SOY OIL, WHITE DISTILLED VINEGAR, CORN SYRUP, WATER, EGGS, EGG YOLKS, SALT, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), MUSTARD PKT (DISTILLED VINEGAR, WATER, MUSTARD SEED, MUSTARD BRAN, SALT, TURMERIC, PAPRIKA, GARLIC POWDER, SPICES, EXTRACTIVES OF PAPRIKA, MUSTARD OIL).

CONTAINS: EGG, SOY, MILK, WHEAT, SESAME SEED



CHICKEN PROV - 123507

Portland Sandwich Co. Portland, OR 97220